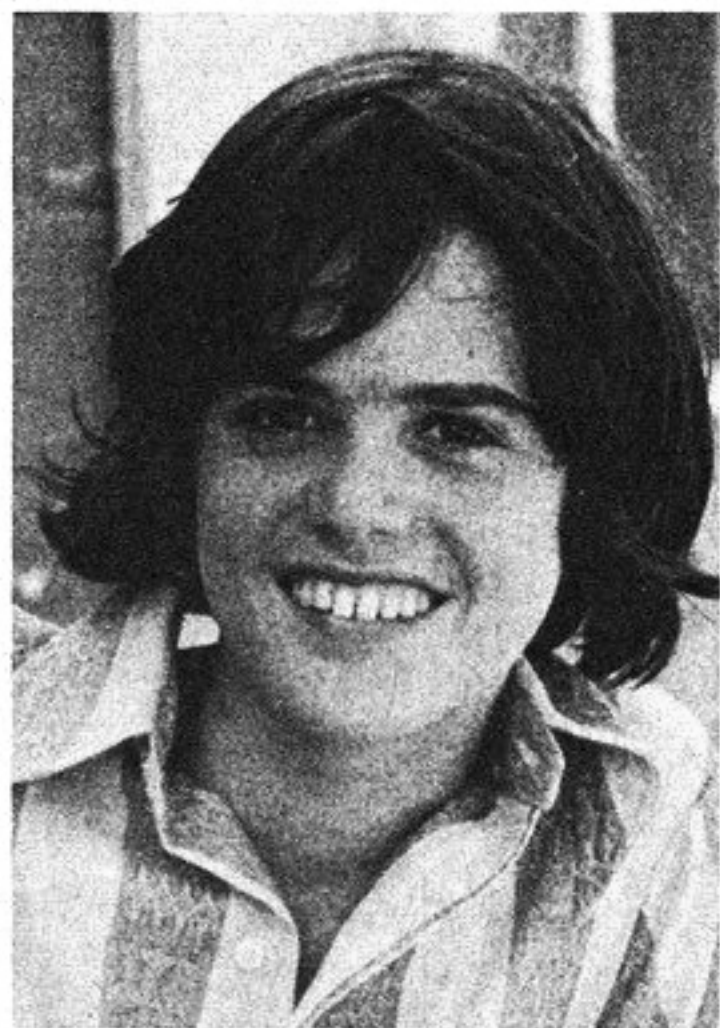


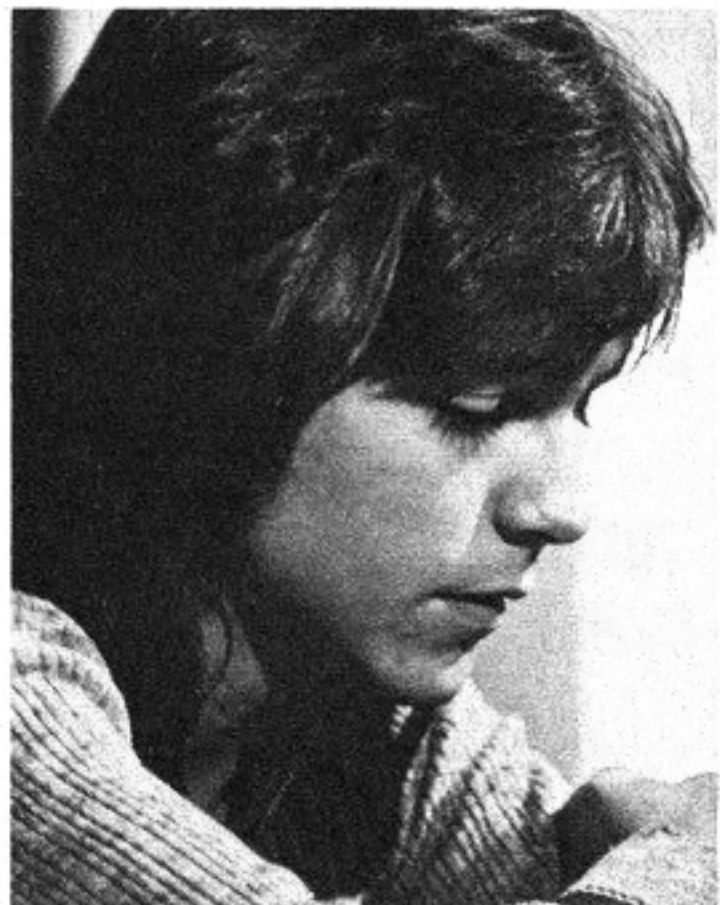
30 FAVES REVEAL:

"HOW I FIGHT THE BLUES."



DONNY OSMOND:

"A great way for me to fight the blues is to take apart a complicated gadget and put it back together again. I become so involved in what I'm doing that I forget that I ever had the blues or even felt bad!"

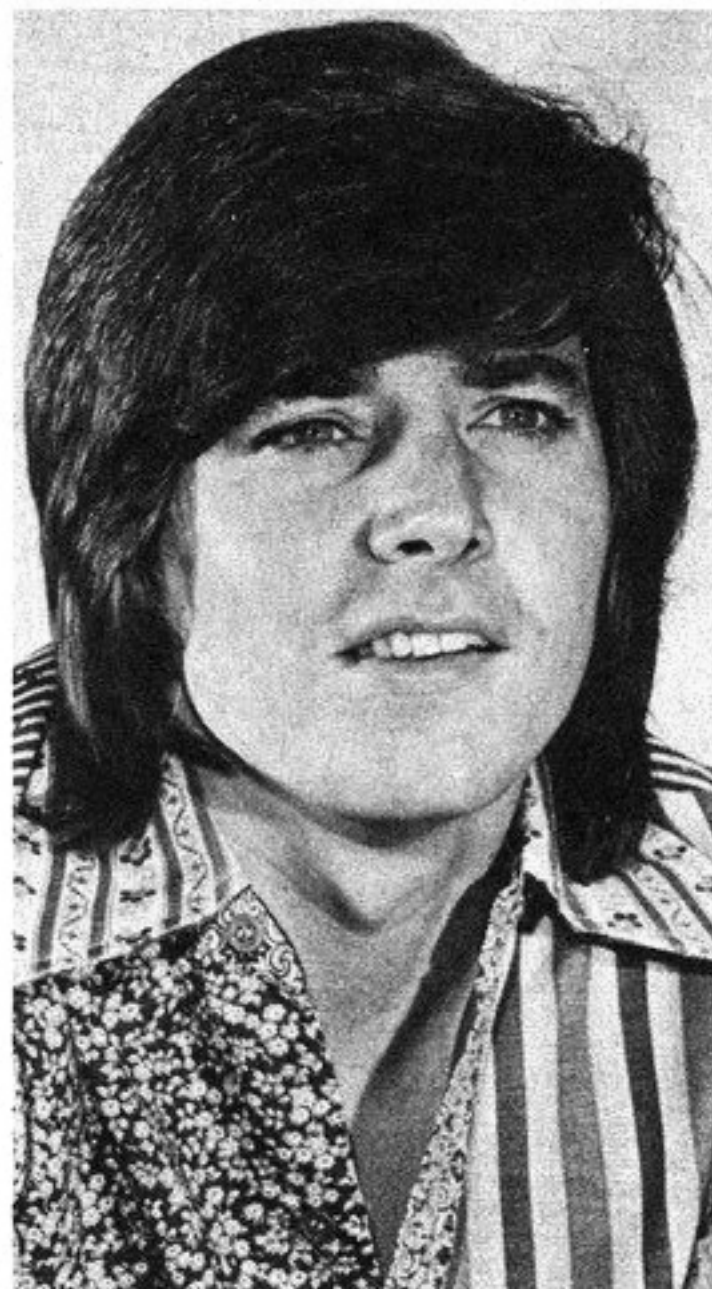


DAVID CASSIDY:

"I like to call up a few of my good friends and get a little party or get-together going. It's hard to feel down whenever you're surrounded by friends, music, food, and a lot of laughter. It works every time."

BLUES."

The blues: that awful down feeling that everyone gets and wishes they could get rid of fast. How do you shake them? We asked 30 faves to tell how they fight the blues. Perhaps some of their methods will work for you the next time you're stuck with them!



BOBBY SHERMAN:

"I have two very good friends who are always willing to cheer me up when I'm feeling low. Their names are Goofy and Wally. Playing with my two dogs always brings a smile to my face and perks me up fast."



JAY OSMOND:

"I think about some of my favorite jokes so that I'll start laughing. If that doesn't work then I tell some of my jokes to someone else. As soon as they start laughing I start laughing too, and feel better."



SUSAN DEY:

"I sit down in a very quiet place and write a long letter to a member of my family or a good friend. I fill them in on all the latest news stressing the good things. And before I know it my blues are gone."

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